

## Basil\_1994.txt

BASIL =====

CULTIVATION: ===== Basil is a aromatic annual herb up to 2 feet high with glossy green toothed, pointed, oval leaves. Has spikes of small white or purplish flowers.

Needs warm sun and protection from wind and frost. Sow thinly in heated location, after danger of frost has passed. Soil should be well drained and moist. Avoid over watering seedlings as they are prone to damping off. Watering in hot sun will scorch leaves. Thin to 8 inches apart, and avoid transplanting. Germination time is about 5 days, and plant matures in about 85 days. Grows in zone 3-10.

Pick leaves when young, and gather tops as flowers open. Cut leaves for drying just before plant flowers. To freeze leaves paint both sides with olive oil, or store whole leaves in olive oil. You can also dry the leaves, but the freezing method is not recommended, as much of the flavor is lost in the drying process.

CULINARY USES: ===== Basil is an important culinary herb, unfortunately the dried herb is not comparable with the flavor of leaves freshly picked from your garden.

Pound with oil or tear with fingers rather than chop. Add at last minute to cooked dishes. There are about 15 different types of basil on the market, and the flavor varies with the volatile oil content. For most purposes use just the plain sweet basil.

Basil is excellent on fresh tomatoes with a little salad oil, and in hot tomato dishes. It is also indispensable for most Mediterranean dishes. It has a powerful enough flavor to stand up to garlic, and together they make the classic Pesto sauce.

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The pungency of basil increases with cooking. The fresh leaves keep their flavor if preserved in oil or vinegar. Because of its strong flavor, basil should be used sparingly. To avoid bitterness, do not cook for long periods of time.

MEDICAL USES: ===== The basil seeds are regarded as refreshing and sedative. It may be gastro-intestinal complaints, stomach cramps, and vomiting. The sedative used in the treatment of nervous headaches or anxiety.

Researchers have reported that basil kills bacteria when applied to have used basil oil successfully to treat acne.

It is very useful for those who suffer from travel sickness. One tea basil to one cup of boiling water, let to stand for a few minutes, the can be sipped before embarking on a journey and will calm the stomach.

BASIL TEA : Infuse 1 teaspoon dried herb in 1 covert cup of boiling and flavor with honey if desired. Up to 2 cups per day may be taken. Basil oil kills intestinal parasites. Steep a few leaves in wine for several hours as a tonic.

WARNING: ===== Generally regarded as safe, for healthy nonpregnant, nonnursing adults.

OTHER USES: ===== Pulverize the leaves to release the clover scent and use in potpourris.

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Oil of basil repels houseflies and mosquitos, one of its components also repels cockroaches.

Planted beside tomatoes, will keep them disease free.

COSMETIC USES: ===== Basil can be used for a stimulating bath.

BASIL DEODORANT : Make your own deodorant by adding 5 drops of basil oil to 1/2 cup of water. Mix and pour into a spray bottle.

Add basil oil to your shampoo or hair rinse to leave a lingering fragrance.